

EURAG European Federation of the Elderly
Fédération Européenne des Personnes Agées
Federazione Europea delle Persone Anziane
Bund der älteren Generation Europas

EURAG MEMORY TRAINING CENTER
Czech Society for Memory Training and Brain Jogging
and Cultural House, Bubenska 1, Praha 7

are organizing a

EURAG SEMINAR on the BRAIN

March 28th, 2009

How it works when it functions normally, when its function starts to decline and what to do in order to keep it functional as long as possible.

Working languages: Czech, German, English, Spanish

Programme:

- | | | |
|---------------|----|--|
| 8.45 – 9.00 | am | Opening of the seminar by Gisli Páll Pállson, the EURAG president |
| 9.00 – 10.00 | am | Brain & Memory presented by Rastislav Druga , professor at the 1 st and 2 nd Medical Schools of Charles University |
| 10.00 – 11.00 | am | Successful Ageing of the Brain presented by František Koukolík , the holder of the 2006 Award of the Czech Academy of Science for popularising the brain science |
| 11.00 – 12.00 | am | The differences between the male and female brain by František Koukolík |
| 12.00 – 1.00 | pm | Lunch |
| 1.00 – 2.00 | pm | Mild cognitive impairment presented by Aleš Bartoš , head of the AD centre at the Memory Clinic of the 3 rd Medical School of Charles University |
| 2.00 – 3.00 | pm | Prevention of Dementia presented by Martin Bojar , head of the Clinic of Neurology of the 2 nd Medical School of Charles University |
| 3.00 – 4.00 | pm | How to build Reserve Brain Capacity presented by Dana Steinová , head of the Eurag Memory Trainig Center and EURAG Vice-president |

followed by an interactive seminar
given by Dana Steinová
on March 29th, 2009

9.30 – 1.00 pm MNEMONICS – THE PERFECT COMPENSATION
FOR THE IMPERFECTIONS OF THE HUMAN
BRAIN

Working languages: English and Spanish

Both seminars will be held in the ELECTRA Hall of Cultural House
(metro C Vltavská station) Bubenská street 1, Prague 7 in the centre of
the city, and they are combined with the following social programme:

Thursday March 26, 2009

9.30 – 10.00 am Registration at the Cultural House Vltavská, registration fee payable
in cash in CZK (Czech crowns) equal to 150 EUR/ Package price/
10.00 am Departure for a guided tour of Charles Bridge and the Old Town
1.30 pm lunch at the Restaurant Male Divy, Janovského 3, Prague 7
(excellent reputation)
3 pm Reception at the Old Town Hall followed by a guided tour of
representative rooms and view from the outlook tower

free evening

Friday March 27, 2009

9.30 am – 5.30 pm EURAG General council meeting with lunch, served at Male
Divy Restaurant at 1.30 pm

itinerary for non EURAG General Council members:

9.30 am meeting at the Cultural House Vltavská, departure for a guided tour of
Vyšehrad – the first residence of the Czech kings and Slavín – the
graveyard of famous Czechs such as Antony Dvorak and Bedrich Smetana
1.30 pm lunch at Male Divy Restaurant

free afternoon for self-exploration / e.g. Prague Castle / or shopping

Saturday March 28, 2009

8.00 pm Black Light Theatre performance / Czech invention /
„Life is life“ a unique experience with revelation how the tricks are done
when the performance is over
Palace Metro passage, Národní 25, Prague 1.
Arrival between 7.30 – 7.45 pm!

Sunday March 29, 2009

2.00 pm departure after lunch for a Tour of the Senate House, Wallenstein
Palace and Wallenstein garden

Arrival: Wednesday March 25, 2009

Departure: Monday March 30, 2009

Price: Package price is 150 EUR payable in cash in CZK with
registration
/ includes four lunches, all seightseeings, theatre ticket and
registraton fees for two seminars on March 28th and 29th
accommodation and travel costs are excluded

Accommodation: 1/ Special prices are offered to „early bird“ applicants,
accommodation in the three star Hotel IBIS, Šaldova 54,
Prague 8- Karlín – can be booked via:
<http://www.accommodation.cz/ibiskarlin/czibiskarlin.html>
and with password EURAG the price of a single room with
private bath and TV will be EUR 49,- per night and EUR 55,-
per night for a double room. Hotel IBIS KARLÍN is located near
the metro station KŘIŽÍKOVA, line B, only two stops from the
seminar venue KD Vltavská metro station VLTAVSKÁ, line C
with change at FLORENC, or a direct tram No. 8 can be taken
to Strossmayerovo square. **This special offer expires on
January 15, 2009**
2/University accommodation can be booked via Dana Steinová
in a double room with shared bath for 350 CZK approx.15 EUR
in KOLEJ VOLHA, K Verneráku 950, Prague 4 – in the suburb
of Prague. **This special offer expires on January 15th, 2009**

After January 15th,2009 the participants are expected to
arrange their own accommodation or they are welcomed to
arrange it via: booking@accommodation.cz , but such special
offers will be not longer available.

Applications: Send your application by post or e-mail to the co-ordinator
Ms Dana Steinova,Leckova 1520,149 00 Praha 4, Czech Rep.
telephone-mobile 00420 608 552 113, fax 00420 272 931 248
dana_stein@volny.cz www.memorytraining.info